

# Courier

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## Health Department ready for tick and mosquito season

The Fairfax County Health Department is ready to tackle another season of annoying disease-carrying insects – ticks and mosquitoes.

The agency has once again launched its three-pronged approach – insect surveillance and testing; proactive treatment of mosquito breeding sites; and continual

public education about mosquito control, bite prevention and insect-borne diseases.

During the season, which typically runs May through October,

**Jorge Arias**, Ph.D., supervisor of the county's Disease Carrying Insect Program, and his team of biologists and environmental health specialists, are on the go every day as



*Jennifer Johnson and Jorge Arias, Fairfax County Health Department, capture ticks on a recent field trip.*

*See Ticks, page 2*

## Breathing easier rests with us all

As the temperature climbs and the sun's rays get more intense, the lazy days of summer often become a lot more hazy. When air pollutants from a variety of sources – fumes from vehicles, lawn mowers, boats, and emissions from power plants and industrial facilities – react with the heat and

**AIR  
QUALITY  
ACTION  
DAYS**

strong sunlight, this can produce high levels of unhealthy ground-level ozone, or smog. When this occurs, it's time for "Air Quality Action Days."

In "State of the Air: 2005," the American Lung Association ranked the Northern Virginia, Washington,

*See Air Quality, page 3*

## Ticks, from page 1

well as many evenings and weekends. Where there is a community meeting, sporting event, concert, fair, park, or Farmers Market, you will likely find a Health Department staff person spreading the word about West Nile virus,

mosquito control and ticks.

This year, the Centers for Disease Control and Prevention issued new guidelines about the use of insect repellents to reflect the Environmental Protection Agency's addition of picaridin and oil of lemon eucalyptus to the list of federally-approved mosquito repellents.

Picaridin, although new in the United States, has been available for many years overseas.

"Repellent products containing picaridin are comparable to products containing DEET when used according to the label

instructions," said Arias. "As for oil of lemon eucalyptus, we need more time to determine its effectiveness against insects in comparison to DEET and picaridin."

The introduction of these new products into the marketplace has

caused **Carl Sivertsen**, environmental health specialist, some concern.

"Our famous slogan, 'Don't Be Mosquito Meat – Use DEET' needs to be updated to include the two additional repellents," said Sivertsen. "What's more, not much rhymes with 'picaridin' or 'oil of lemon eucalyptus.'"

Realizing that Fairfax County employees are among the brightest in the nation, Sivertsen is asking that county employees e-mail him ideas for a new insect repellent slogan using the words DEET, picaridin and oil of lemon eucalyptus.

Also new this year is the Health Department's pilot Tick Surveillance Program that was launched May 18. Specimens of adult ticks and nymphs are being collected from targeted areas in the county, and then separated by species. Data collected in the pilot program will contribute to the science of ticks and tick-borne disease, including assessing human risk and improving the county's vector surveillance program.

The most common human cases of tick-borne diseases in Virginia are Lyme disease, Rocky Mountain spotted fever and ehrlichiosis. Arias pointed out, "Ticks can be found almost everywhere."

On May 18, Arias, biologist **Jennifer Johnson**, also with the county's Disease Carrying Insect Program, and staff from the Virginia Department of Health, collected ticks in a residential wooded area in Centreville. Ticks were collected two ways. First, ticks were collected on a large piece of cloth that was dragged across field vegetation (taller than 20 inches) for specific distances. Second, tick traps consisting of sailcloth baited with carbon dioxide were set out in the evening with tick collection shown the following morning.

This summer, as you enjoy the great outdoors, remember that you need to protect yourself from mosquitoes, ticks or other

pesky biting insects by wearing repellents and by dressing properly.

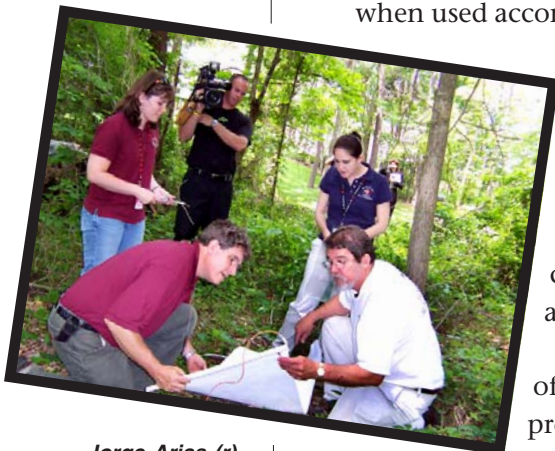
For more information about mosquitoes,

West Nile virus, ticks and repellents, go to [www.fairfaxcounty.gov/fightthebite](http://www.fairfaxcounty.gov/fightthebite) or just give the Health Department's Bug Guys a BUZZ at 703-246-2300, TTY 703-591-6435. ■

- by Kimberly Cordero,  
communications specialist, HD



Into the woods.



Jorge Arias (r), Fairfax County Health Department, and David Gaines (l), Virginia Department of Health, check captured ticks while others look on.



Ticks collected!

(Photographs for this story provided by Health Department)



**Air Quality, from page 1**

Baltimore area as number 11 of the 25 most ozone-polluted cities.

"Even though the air quality has improved in our region, we still have a lot of work to do to meet the current standards set by the Environmental Protection Agency," said **Barbara Hardy**, air quality program manager at the Health Department. "We need all county employees and agencies to follow voluntary actions to help reduce emissions that lead to ozone formation. If we all work together, we can make a difference."

Fairfax County is taking steps to make a difference. As cars and trucks are among the biggest producers of air pollution, the county is replacing older county cars with fuel-efficient gas-electric hybrids. The county's school buses have been retrofitted with pollution-reducing technology and that also is underway on Fairfax Connector buses. Pollutants can be cut significantly with such technology, says the EPA. The county is beginning to replace lawn and garden equipment with low-emission models. The county continues to develop other environmental strategies in its ongoing campaign to reduce air pollution.

Air quality forecasts for the region are issued each day based on the Air Quality Index (AQI), an EPA formula that measures air pollution. The color-coded categories range from green (good air) up to red (unhealthy) and purple (very unhealthy). On Code Red or Purple days, county employees are notified of the air quality dangers through NewsLink, the county Web site and Channel 16. The Fairfax Connector also provides free rides.

The Office of Public Affairs and the Health Department are working together to create public education materials about the dangers of ground-level ozone and particle pollution, and actions that county employees and residents can take to promote cleaner and healthier air in this region. Materials will be distributed throughout government offices, libraries, community meetings and at events such as *Celebrate Fairfax!*

In addition, the county also has joined

with Clean Air Partners in its "2005 Air Quality Action Days" media campaign. This is a regional public-private partnership chartered by the Metropolitan Washington Council of Governments to build awareness of how people contribute to air pollution and to promote easy and effective voluntary actions that individuals and employers can take to reduce air pollution and improve the health and quality of life in the region.

Everyone has a role to play in helping to improve the air quality in this region, particularly in the summer. Spend this summer's "Air Quality Action Days" as part of the solution and do your share for cleaner air.

For more information on air quality, go to [www.fairfaxcounty.gov/service/hd/resourceair.htm](http://www.fairfaxcounty.gov/service/hd/resourceair.htm). ■

- by Ellen O'Brien, OPA

### Be Part of the Solution

Here are some tips on ways you can help improve the quality of our air:

- ♦ Use public transit, carpool, bike or walk. Remember that on Code Red and Purple days the Fairfax Connector is free.
- ♦ Limit driving, combine trips, try teleworking. Fairfax County began a telework program for government employees in 1995 and it has been growing ever since; information can be found at [www.fairfaxcounty.gov/telework/](http://www.fairfaxcounty.gov/telework/).
- ♦ Use environmentally friendly products – pump containers instead of aerosol, water-based instead of oil-based paints, electric or chimney charcoal starters rather than lighter fluid.
- ♦ Avoid gas-powered lawn and garden equipment. Consider alternatives such as push, electric or rechargeable mowers and hand tools for trimming. Plant ground covers or slower-growing low-maintenance turf grasses. When refilling a gas mower, use a funnel or spout to avoid spills that pollute the air.
- ♦ Refuel vehicles after dusk, keep them tuned and avoid idling. Vehicles are the single greatest source of air pollutants in Northern Virginia.
- ♦ Conserve electricity. Set air conditioners no lower than 78 degrees and turn off lights when a room is not in use. ■

You can monitor the Air Quality Index (AQI) for air quality alerts. The AQI has color-coded categories for the quality of the air – from green for good up to red (unhealthy) and purple (very unhealthy). It's updated daily and can be accessed at [www.fairfaxcounty.gov/service/hd/resourceair.htm](http://www.fairfaxcounty.gov/service/hd/resourceair.htm) or by calling the Air Quality Hotline at 202-962-3299.

## The Millennium Forum

## Breaking the glass ceiling

"Few real goals can be achieved without hard work, perseverance and the determination to break down the last barriers of prejudice," journalist **Helen Thomas** told county employees at the Millennium Forum on May 11. Thomas, a Washington institution with an acerbic wit, was the White House correspondent for United Press International from 1961 to 2000. She is well known for the traditional sign-off, "Thank you, Mr. President," with which she ended White House press conferences over her long career.

Sharing her thoughts on "Breaking the Glass Ceiling and Other Lessons for Success," Thomas described her experiences as a pioneer in Washington's male-dominated journalist ranks in the 1940s.

"As women in that era, before the women's lib movement, we rejected the concept that there were limits on how far we could go. And if there were [limits], they were to be ignored," she said of her early days in journalism.

Thomas believes that women have made great strides. "Nowadays, we know that women can go into the military – even be

generals, astronauts, space mission pilots, doctors, lawyers and chiefs. Who's going to stop them?" But she believes that during the 1980s, the women's movement reached a plateau and lost some of its drive.

"Women have been upward bound for years, but they aren't there yet," she said. Issues such as equal pay still need to be addressed, she added.

When asked whether she thought the glass ceiling applied to blacks and other minorities, Thomas stated, "No doubt about it. I don't think the battle is over on any front for equality, but you have to keep trying. You need to do it – not only for yourself, but for everyone else around you."

In local government, agencies like the Office for Women and the Office of Equity Programs have evolved to address issues related to glass ceilings and other barriers to success. "To be effective providers of government services, we must resemble the people we serve," says William Spencer, director of the OEP. "We try to keep the issue of diversity and inclusion at the forefront of managers' and employees' minds."

Thomas received an enthusiastic response from county employees. "Outstanding! What a living history lesson!" one participant raved about the 85-year-old Thomas. "It was an honor to hear her speak." "Helen – you are a delight," said another. "Thank you."

The next Millennium Forum is scheduled for Sept. 22. Former U.S. Senator George Mitchell, who is now chairman of the board of directors of the Walt Disney Corporation, will discuss "Political Realities and Constituent Demands."

To borrow a videotape of past Millennium Forum presentations, call the Employee Lending Library for Video Instructional Services at 703-324-8318, TTY 703-324-8365, or e-mail [John.Kiefman@fairfaxcounty.gov](mailto:John.Kiefman@fairfaxcounty.gov). For more information about the series, visit <http://infoweb/mfs>. ■

– Pat Bangs, Fairfax County Public Library



*Helen Thomas speaks with an admirer at the Millennium Forum on May 11. (Photo by Library)*

## Bike to Work Day

*Disregarding the rain, many county residents peddled to the DOT pit stop at the Government Center on Bike to Work Day, Friday, May 20. Other pit stops were available throughout the county and region to encourage bicycling as alternative transportation.*

*In addition to T-shirts and water bottles, REI Inc. offered bicycle tune-ups and repairs. ■*



## Focus on Benefits

## Establishing a relationship with a primary care physician

Spring and summer are great times of year. Vacations and outdoor activities fill more and more of our time away from work. Along with the fun, however, these seasons can bring a variety of health issues – allergies, sunburn, bee stings and the occasional sprained ankle or wrist. It's especially important to have an established relationship with a primary care physician or "PCP."

Why is this relationship so important? Say you've been doing a lot of swimming and have developed an ear infection. The over-the-counter medications just aren't working.

If you have an established relationship with a PCP:

- ♦ You can most likely get an appointment sooner than a new patient can.
- ♦ You will receive care from someone who knows your medical history and the medications you take to better coordinate your care.
- ♦ You may save money with an office visit rather than an emergency room or an urgent care center visit, especially if your condition isn't a life- or limb-threatening emergency.

Who can you select as your PCP? That will depend on your health plan.

While you're enjoying the sun and fun this spring and summer, remember to make time to select and/or get to know your PCP. You can save time and money while making a great investment in your health. ■



Plan	PCP Rules
<b>FairChoice+ POS</b>	<ul style="list-style-type: none"> <li>• Must select a network PCP.</li> <li>• Can change PCPs at any time.</li> <li>• PCP manages all patient care and referrals.</li> </ul>
<b>BluePreferred PPO</b>	<ul style="list-style-type: none"> <li>• PCP selection not required.</li> <li>• Can select any in-network or out-of-network doctor (but in-network care costs less).</li> </ul>
<b>Kaiser HMO</b>	<ul style="list-style-type: none"> <li>• Must select a PCP at Kaiser center where you will receive most of your care.</li> <li>• May see other doctors at the selected Kaiser center.</li> </ul>
<b>CIGNAHMO</b>	<ul style="list-style-type: none"> <li>• Must select a network PCP at open enrollment.</li> <li>• Can change PCPs at any time.</li> <li>• PCP manages all patient care and referrals.</li> </ul>

## Agencies exhibit at *Celebrate Fairfax!*

*Celebrate Fairfax!*, the county festival, will have entertainment, food, games and rides – and an opportunity for attendees to see the activities from various county agencies. Here is a list of the county organizations that will be explaining their roles in making Fairfax County one of the best places in the nation to live. Most of these exhibits will offer educational information and entertaining activities, so stop by their exhibits and enjoy the fun. ■

Fire and Rescue  
Fairfax Water  
Public Schools  
Sheriff's Office  
Park Authority  
Public Library  
Public Affairs  
Transportation  
Vehicle Services  
Health Department  
Information Technology  
Planning and Zoning  
General District Court  
Traffic Division/Police

Circuit Court & Records  
Office for Children/DFS  
Child Abuse Awareness/DFS  
Fairfax Area Agency on Aging  
Animal Services Division/Police  
Land Development/DPWES  
Solid Waste Division/DPWES  
Wastewater Management/DPWES  
Stormwater Business Area/DPWES  
Urban Forest Management/DPWES  
Community & Recreation Services  
Housing and Community Development  
Fairfax-Falls Church Community  
Services Board

Cable Communications  
and Consumer Protection  
Commission on Organ and  
Tissue Donation  
The Electoral Board and  
General Registrar  
Fairfax Area Disability  
Services Board  
Employment Division/  
Human Resources  
Juvenile & Domestic Relations  
District Court  
Systems Management for Human  
Services





# CSB: Committed experience



**Sharon Ekleberry,**  
division director  
of Adult Community  
Services, Mental Health  
Services, Fairfax-Falls  
Church Community  
Services Board.

In speaking with **Sharon Ekleberry**, two words quickly come to mind: commitment and credibility. She is wholeheartedly committed to her work and her natural demeanor establishes her as someone you would be glad to talk with. That's important, as she is the division director of Adult Community Services, Mental Health Services, Fairfax-Falls Church Community Services Board(CSB). She is responsible for

outpatient services for clients with mental disorders and co-occurring mental health and substance use disorders.

From a base office in Chantilly, Ekleberry directs more than 160 people (full time, part time and contract) spread throughout the county who provide treatment services to approximately 3,000 consumers.

Mental illness can take many forms, from emotional distress to severe disorders. "We are able to help people with a wide

range of disorders with the use of case management, therapy and medication services," Ekleberry said, pointing out that the services provided by the CSB are available to county residents based upon ability to pay. Treatment may be short or long term, but our clients are supported on a sliding scale as available resources permit.

With more than 24 years of service in the county, Ekleberry has developed a solid expertise in personality disorders. A licensed social worker who is completing her eighth year on the Virginia Board of Social Work that licenses social workers, she has developed her knowledge through training,

observation, participation and "continually reading the latest professional literature." She is considered a top expert in personality disorders and has co-authored a recent book, *Treating Co-Occurring Disorders: A Handbook for Mental Health and Substance Abuse Professionals* (published 2004 by Haworth Press), on mental illness and treatments. "I'm honored to have been able to contribute to this resource book," she said. She also developed the personality disorder section of a *Treatment Improvement Protocol (TIP 42)*, *Substance Abuse Treatment for Persons with Co-Occurring Disorders* (a CSAT publication – [www.samhsa.gov](http://www.samhsa.gov)), which describes best practices in identifying and treating various co-occurring mental health and substance use disorders. Some of her writings and observations can be found on the Web at <http://www.toad.net/~arcturus/dd/ddhome.htm>.

Ekleberry said her interest in mental disorders began in college. "I was studying to be a teacher, focusing on languages," she said, "but my first psychology class set me on a new career path that I have never regretted."

A second book is in the planning stage, she said, this time solely focusing on personality disorders and substance abuse. "Often, we find a connection between a mental

problem and substance abuse, and must be prepared to treat both disorders," she said.

Ekleberry and her husband live in Centreville with their golden retriever, Charlie. She enjoys sewing and occasionally shopping on eBay when she is not involved with her professional activities. "I have never had to wonder why I do this work. I have been fortunate to have a career in a field which offers purpose and meaning," she said. "I simply love what I do – establishing trust and offering assurance to help others overcome or manage their mental health problems, or developing programs that can deliver effective services. It's a good feeling." ■

**"I have never had to wonder why I do this work."**

**Classified ads  
are on the  
Infoweb**

## Briefs

**Sixth Annual Tim Harmon 5K to be Held June 18**

The Sixth Annual Tim Harmon 5K Run/Walk will be held Saturday, June 18, at 8:30 a.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. This event, sponsored by Alcohol and Drug Services, raises awareness of substance abuse and Hepatitis C. Registrations received through race-day are \$20. For more information or to request a registration form, contact **Peggy Cook**, ADS, visit [www.timharmon5k.org](http://www.timharmon5k.org) or call 703-934-8756, TTY 711.

**OEP Training Program**

The Office of Equity Programs will present a two-day training entitled, "What's Up with Title VII, the Age Discrimination in Employment Act (ADEA), and the Americans with Disabilities Act (ADA)?" from 9:30 a.m. to 4 p.m. on June 28 and 30 in the Government Center, Conference Rooms 4/5 and 9/10. Participants will receive a basic overview of the employment discrimination laws, current related cases and new developments in the field.

The training is recommended for all

county employees and attendance at both sessions is required. Contact your agency training coordinator to register or e-mail request to [OEPTraining@fairfaxcounty.gov](mailto:OEPTraining@fairfaxcounty.gov).

**Recycling Tips Sought**

If you have recycling tips you'd like to share, please e-mail [erc@fairfaxcounty.gov](mailto:erc@fairfaxcounty.gov). The tips can be about workplace or home recycling, for any type of material and for any time of year or holiday season. All tips that we use will be shared with other county employees. For more information, contact **Marion Plummer** at 703-324-5451, TTY 711.

**Multicultural Conference Planned**

A conference on multicultural issues will be held on Friday, June 17, from 8 a.m. to 4 p.m. at the Fairfax County Government Center.

The conference is sponsored by the Center for Multicultural Human Services in collaboration with the Fairfax County Domestic Violence Prevention, Policy, and Coordinating Council; Boat People SOS; Tahirih Justice Center; the Women's Center; FAITH; Juvenile and Domestic

Relations Court; Fairfax County Police Department; Shelter House; and Legal Services of Northern Virginia. Health, mental health, legal and social service professionals as well as religious leaders, educators, media and members of the public are invited to attend this day-long conference on cross-cultural perspectives in addressing domestic violence. For more information call **Ricarda Dowling** at 703-533-3302, TTY 711.

**Disaster Planning for Records**

Learn what to do with county records in the event of a disaster or emergency. A Disaster Planning for Records class (class code DOCU200) will be held June 21 from 10 a.m. to noon, in Conference Rooms 4/5 of the Government Center. Register through your agency training coordinator or contact **Sharon Hackett** at 703-324-3394, TTY 703-222-7314.

**Attribution**

The photograph of Police Chief Rohrer shown in the May 27 Courier was taken by **Keith Dobuler** of the Police Department. ■

## Honor Guard honored



The Fairfax County Sheriff's Office Honor Guard Team claimed third place at the Fraternal Order of Police Third Annual Honor Guard Competition on Saturday, May 14. The event was held in Washington, D.C. as part of National Police Week. A total of 18 Honor Guard teams from across the country and Canada competed for the prestigious Steve Young Award. The Sheriff's Office Honor Guard represents a positive and polished image that makes all of its members proud to be part of the law enforcement profession.

The Honor Guard Team members from left to right are PFC **Stephen Thompson**, Sgt. **Willie Friedman**, Sgt. **Dennis Holmes**, MDS **Brian Wancik**, MDS **George Hall**, MDS **Kevin Smith** and PFC **Emanuel Salazar**. (Sheriff's Office photo) ■

## Security & Safety

## Matters

# Safety and the sun

Spending time outdoors during the summer can be fun; however, working or exercising outdoors in the summer heat can be unhealthy if proper precautions are not followed. Here are ways you can protect against ultraviolet radiation (UVA) which can damage the skin and cause cancer.

♦ **Cover up:** Wear light-colored, loose fitting clothing and a hat to protect as much of your skin as possible, and wear sunglasses that block UV rays. Ideal glasses block 99 to a 100 percent of the UV rays (both UVA and UVB).

♦ **Use sunscreen with an SPF of 15 or higher:** The number of the SPF represents the level of sunburn

protection provided. An SPF 15 blocks out 93 percent of the burning UV rays. Apply at least 15 minutes before going outside. Reapply every two hours or more frequently if you are participating in activities such as swimming or exercising.

♦ **Limit direct exposure:** UV rays are most intense when the sun is high, between 10 a.m. and 4 p.m. Limit time outdoors during these hours and seek shade when possible.

♦ **Drink fluids:** Drink plenty of fluids regardless of your activity level. Water or sports beverages are recommended. Stay away from beverages that contain caffeine, alcohol or large quantities of sugar.

♦ **Stay indoors:** Stay in an air conditioned environment, i.e., your home, shopping center or library. A few hours spent in air conditioning can help your body stay cooler before you go back into the heat.

♦ **Check family and friends:** Keep an eye on family members, friends and neighbors. Pay close attention and check regularly on infants, young children and those ages 65 or older.

Please contact **Robert Johnson**, Safety Analyst, Department of Finance, Risk Management Division, at 703-324-3043, TTY 711 or by e-mail to [robert.johnson@fairfaxcounty.gov](mailto:robert.johnson@fairfaxcounty.gov), if you have any questions regarding summer-related safety issues. ■

## HCD is seized with the Mission!

Just a year after launch of the Affordable Housing Preservation Initiative last May 11, Chairman **Gerald E. Connolly** joined the Housing and Community Development staff to celebrate the initiative milestones accomplished so far and to inspire staff to Seize the Mission!

More than 90 HCD staff enjoyed a morning dialogue with the chairman who discussed the county's plans and ideas for addressing the lack of affordable housing. To a standing room only audience, Connolly reminded the HCD staff why the work they do is so vital. He noted

that the county has one of the highest rents in the region and a household must earn at least \$22.25 an hour to afford an average priced rental unit – a wage four times the minimum wage.


Connolly also noted a figure HCD staff is all too familiar with – more than 4,000 people are currently on the county's waiting lists for housing programs.

Talk of the challenge then turned to celebration of successes – the preservation of 462 affordable units in the last year and the allocation of one penny of the existing real estate tax as dedicated funding for the preservation of affordable housing.

After the event, Connolly distributed coffee mugs to staff with the words "Seize the Mission" imprinted on each mug as a token of his appreciation. ■



**Paula Sampson, director, HCD, addresses staff while Chairman Connolly stands by. (HCD photo)**



Courier is published each payday Friday. The deadline for articles and notices is two weeks before publication.

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